

## **Boston Marathon – Active Chiropractic Client Experience:**

The following is a story of Jennifer Jennings' journey into the running world of marathons. She is a patient and client of Active Chiropractic and has agreed to share her Boston Marathon experience in this month's newsletter. She addresses Elizabeth and the training done here at the clinic. Take the time to read this inspiring story and perhaps her experience may influence your own fitness aspirations as well!

I had been participating in Active Chiropractic's BootCamp since 2008 and was feeling very happy about my fitness. I generally take the summer off from classes, so three years ago (July 2010) I challenged myself to get running. My goal was to run 5 km without stopping, which I did after five weeks of lacing up my shoes and hitting the road. After that accomplishment, I turned to a copy of the John Stanton book called 'Running, Start to Finish' with a goal of running 10 km, which I did that September. That was the beginning of using "ten and ones", which I continue to use on long runs. With my return to the twice weekly Fit Mom BootCamp classes and winter coming I chose to continue running and Elizabeth gave me advice on winter running gear. When I signed up for the Ottawa Race Weekend Half Marathon she encouraged my effort and suggested specific exercises. I finished the May 2011 race in 1:56:36. That fall I ran the Army Run half marathon in 1:53:49. Again with fall schedules and winter coming I chose to continue both BootCamp and running and decided on the Ottawa Race Weekend Marathon in 2012, which I finished with a time of 3:50:21 qualifying me to run in the Boston Marathon April 2013. The Running Room program gave me insight into what I had to do and having Elizabeth come out with me for speed training helped me put it into action. I finished the Boston Marathon with a time of 3:53:39 which re-qualifies me for the 2014 Boston Marathon.

About Boston: The course was gruelling. The weather was perfect. There were people all along the way providing a festive atmosphere. The four Newton hills which include Heartbreak Hill roll between miles 16 and 20 and they were really, really mean. When I finished the last hill it was mostly flat for the last ten kilometers toward the finish line. I could hear my Nike running app telling me my average time and I could hear Elizabeth's voice saying "a little faster". So many people were with me on my journey that day and I want Elizabeth and Olga to know they were part of it.

- Jennifer Jennings